



Get Involved

Spring into Volunteering May 14, 8-10 am

Celebrate Earth Day, Arbor Day, and the arrival of spring by volunteering with the Parks Division. Volunteers will be planting trees, so be sure to bring gloves, water and appropriate footwear. Sign up to volunteer at www.exploreghannaparks.com.

4th of July Float Committee

The Senior Center is looking forward to the participating in the Gahanna Independence Day Parade. Help plan and decorate the Senior Center Float in red, white and blue! Sign up to be on the Committee when visiting the Senior Center.

Gahanna Active Senior Advisory Committee (GASAC)

Would you like to take a more active role in the Senior Center? Members of the Active Senior Advisory Committee gain first-hand knowledge of Senior Center plans and updates; help to plan, promote and volunteer for special events and activities; and welcome and support new and existing Senior Center Members. Members are either elected by the Senior Center members or appointed to a seat by the Gahanna Parks Board. Members typically meet once a month. If you are interested in learning more or being considered for a seat, please reach out to Annette Rundio via email at annettee.rundio@gahanna.gov or call 614-342-4263.



Membership Renewal Reminder

Many members last renewed in December 2019/January 2020. As a result of the COVID-19 pandemic and the Center's extended closure, these members had an automatic continuation of membership through the end of 2021. Memberships will be renewed beginning in January 2021 and will be valid for a period of 12 months from the date of purchase. An annual membership remains \$30 for Gahanna residents and \$40 for non-residents. Please inquire for financial assistance options if you need help covering the cost of your membership.

Gahanna Senior Center 480 Rocky Fork Blvd, Gahanna, OH 43230 614-342-4265



**May-
June
2022**

Gahanna

Senior Spotlight

The Senior Center continues to have many of the activities you know and love, as well as a few new favorites! The Center hours are 8:30 am - 4 pm, Monday - Friday. Please note, the center will be CLOSED for activities on Tuesday, May 3 due to the election and will close at 11 am on May 5 due to Spring Fling. Recurring weekly activities listed below typically do not require advanced registration, but sign-up sheets are available in the office and will help to gauge interest in programs. ***Special programs generally require advanced sign-up.*** Please contact a staff member at 614-342-4265 with questions or to sign up.

Mondays:

9:30 am - Yoga Gold \$5
10 am - Open Crafts
12 pm - Bridge
1 pm - Tai Chi \$2
1 pm - Art Group
2:15 pm - Table Tennis
3 pm - Book Club (3rd Monday)

Tuesdays:

10 am - Game Day!
10:30 am - Art with
Amber \$15
12:30 pm - Euchre
1pm - Ceramics

Wednesdays:

9:30 am - Yoga Gold \$5
10 am - Special Events
1 pm Tai Chi \$2

Thursdays:

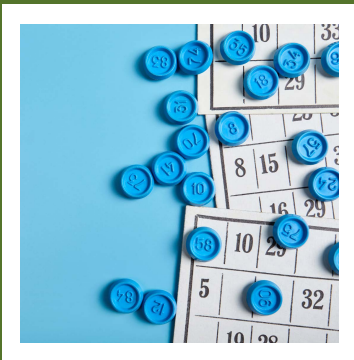
9 am - Scrapbooking
12 pm - Blackjack
1 pm - Calligraphy (see
description)
2 pm - Table Tennis

Fridays:

9 am - Needle Craft Group
10 am - Wii Bowling
1 pm - Mahjong
1 pm - Jewelry with Jean (3rd
Friday)

If you have questions or feedback about our programs, let us know. We look forward to seeing you soon!

-Annette Rundio, Recreation Supervisor



Event Highlights

NEW BINGO!!! May 9 & June 6, 11am

Old Style Bingo-Sponsored by Chestnut Hill.
\$3 must be paid by May 6.

Bingo & Brunch- Third Wednesday, 10 am

Sponsored by Taylor Springs

Needlecraft- Fridays at 9 am

Gather to share patterns, techniques and GOOD conversation with crochet, knitting, embroidery and cross stitch.

Pinterest Club- First Friday, 2 pm

Bring out your crafty side with this hands-on program. Wesley Woods at New Albany provides the inspiration and supplies for you to make and take some creative projects.

Make it & Take it!- Third Thursday, 10:30 am *NEW DATE & TIME

Indulge in your creative side with a fun craft presented by Taylor Springs Health Campus.

Painting- Egg Decaupage: May 10 & Rock Painting: June 29, 12 pm

Join Elizabeth Jeffries to learn some decorative painting techniques—and you'll be on your way to becoming a master rock painter!

Senior Transition Experts with Kim Roberts- May 12 & June 20, 11 am

Get crafty and creative in this fun workshop, making something for yourself

Calligraphy May 5, 12, & 26, 1 pm

Does not start back up until Fall!

Foot Care Clinic.

May 19 & June 16

Appointments available: 8:30 am -3 pm

Anchor Foot Care, LLC provides nurse-delivered foot care at the Senior Center on select dates. The \$35 service fee includes: general foot assessment, nail trimming/thinning, filing corns/calluses/rough skin and foot care education and recommendations. 30 minute appointments are available 8:30 am – 3:00 pm. Call or stop into the Center to schedule (24 hours' notice is required to cancel an appointment).



Meal Programs

Lunch Bunch- May 4: Villa Nova (Worthington); June 1: Hudson 29 (New Albany)

Join other members at a restaurant on the first Wednesday of every month, 11:30 am for lunch and socialization! Transportation is available for a fee and leaves the Center at 11 am. RSVP by calling 614-342-4265 or sign-up in person.

Lunch & Learn -

Echo Hospice May 16, 11 am: Eat and Learn with Christopher Cavender about Advanced Directives. Discussing the difference between a health care power of attorney, durable power of attorney, Living Well and the different DNR status.

Sage Park June 22, 11:30 am: The MIND Diet, which studies show can lower Alzheimer's. Developed at Rush University Medical Center, the MIND Diet incorporates the Mediterranean and DASH diets and zeroes in on the foods that specifically affect brain health.

Muffins & Medicare- Fun and light presentation over coffee and muffins.

May 17, 10 am Protect Yourself from Scams

June 13, 10 am 50s & 60s Trivia

Souper Fridays! Every Friday at 12 pm *NEW TIME

Come enjoy a bowl of soup and socialize with Friends at the Senior Center!

May 6- Sponsored Dessert-Debbie McNichols from Re/Max Connections

May 20-Sponsored Soup- Garden/Northwood Healthcare

June 3-Sponsored Dessert-Debbie McNichols from Re/Max Connections

June 17-Sponsored Soup- Garden/Northwood Healthcare

Travel Programs



Prime Tour Travel Preview May 27, 12 pm; June 24, 12 pm

Hawaiian Island Cruise; Iconic National Parks Monuments & Scenery; Discovering the Ohio Country; America's North Coast-Cleveland DAY TRIP; Grant and Lincoln Presidents & Kentucky Bourbon Trail; OSU football to Washington DC; New York Holiday; Graceland, Memphis & Nashville Blue Christmas; Amazing Costa Rica

World of Travel Preview May 9, 10 am; June 1, 1:30 pm

Learn details about upcoming trips including Oktoberfest and California Christmas Dreaming!

NEW! Arm Chair Travel- May 11: Jerusalem; June 8: Italy

Enjoy Armchair Travel on the second Wednesday of the month at 11 am. In this meal and travel program, participants will explore the world- without leaving your chair! Learn about different countries and cultures through video and enjoy chef-prepared cuisine. Presented by Dedicated Care Center and Blake McCarty.

*Sign up for Travel Programs at the Senior Center.

Coming Up...



Spring Fling at Hannah Park- May 5, 11:30 am

Shake off the winter blues with lunch and activities on May 5 at Gahanna's beautiful Hannah Park. Members and non-members are invited to attend. Please register in advance in person or over the phone at the Gahanna Senior Center. Lunch, snacks and live music! Sponsored by Taylor Springs, Debbie McNichols Re/Max Connections, Dedicated Senior Medical Center, Senior Transition Experts, Summit Home Care and At Your Door!

Ice Cream Social- May 24, 1 pm

Enjoy ice cream with friends! Members and non-members are invited to attend. Please register in advance over phone or in person at the Gahanna Senior Center. FREE!

Book Presentation May 6, 1 pm

Peg Hanna, longtime senior center member, will present her latest book CHANGING LANES, traveling in Poetry throughout a Woman's Life. She will read poems from chapters and discuss inspirations and meanings with the audience. Poems range from serious to whimsical to thought provoking. Books can be purchased for \$10

Senior Transitions Experts- June 2, 10 am

Shortcuts when shopping for Senior Living- What you should know BEFORE you start your search! Breakfast and coffee included.

Columbus Metropolitan Library- May 18, 1pm

The library offers a lot more than print books these days. The library provides books, magazines, and newspapers you can read on your phone, tablet, or computer. Streaming movies and a wide range of audiobooks for these same devices are available. Bring your phone, tablet, or computer to learn how to use these free library services.



Get Outside

Garden Club Kick-Off Meeting May 5, 10:30a at Hannah Park

Do you have a passion for or interest in gardening? The Garden Club helps beautify the center with planters and grows vegetables and herbs in raised beds. Come to the kick-off meeting to learn more about how to get involved! No green thumb necessary.

1st Meeting- Informational meeting reviewing of past Garden Planning the Garden

2nd Meeting-Garden Shopping Field Trip @ Oakland Park-New Albany

Upcoming Garden Club educational events: Learn about Herbs, Learn about Veggies, Container Gardening, Terrariums, Infusing Vinegar with Herbs, Indoor Plants/ Plant Swap!

Herb Day- May 7, 10 am at Veterans Memorial Park

Mark your calendars for Saturday, May 7, for Visit Gahanna's Herb Day celebration, from 10 am to 4 pm at Gahanna Veterans Memorial Park. This year marks the 50th anniversary of the City's designation as the "Herb Capital of Ohio"! In addition to a plant sale and local vendors, you can check out artwork from the GLHS Community Arts Program during their Herb'n Arts Fair.

Ohio Nature Education- May 25, 1 pm - FREE

Sponsored by Debbie McNichols from Re/Max Connection presents Ohio Nature Education is a private non-profit volunteer organization which provides a home for over forty wild animals that can no longer live in the wild. Ohio Nature Education incorporates these animals into environmental education programs for people of all ages. FREE lunch provided.

Arboretum Tour- May 26, 10 am

Gahanna City Forrester, Julie Predieri will lead you on an exploration through the Creekside Arboretum. After the tour stick around for lunch a Barrel & Boar to chat about what you learned. (Lunch is not provided).

Senior Living Truth Empowerment Series

Third Thursdays, 10 am; Register at 614-561-1621

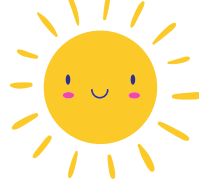
The Truth on Technology- May 19

Learning how to effectively use your smart phone is simpler than you think. You will learn during this lively discussion how to adequately use your smart phone and take advantage of its features. In addition, the correct way to use your tablet or laptop will be discussed during this 90 minute conversation.

The Truth on Independent Living Communities- June 16

Join an in-depth discussion on local independent living options. You will receive information from professionals in the senior living industry.

May 2022



MON	TUE	WED	THU	FRI
2	3 Senior Center CLOSED	4 11:30 am Lunch Bunch Vila Nova	5 10 am Garden Club Meeting 11:30 am Spring Fling	6 12 pm Souper Friday 1 pm Poetry w/ Peg
9 10 am World of Travel 11 am Old Style Bingo NEW!	10 12 pm Egg Decoupage	11 11 am Armchair Travel Jerusalem	12 10 am Senior Transition Expert	13
16 11 am Lunch & Learn Advance Directive	17 10 am Muffins & Medicare	18 11 am Bunch & Bingo 1 pm Columbus Metropolitan Library	19 10 am Empowerment Series 10:30 am Make It & Take It No Calligraphy Foot Care Clinic 8:30 am- 3 pm	20 12 pm Souper Friday 1 pm Jewelry w/ Jean
23	24 1 pm Ice Cream Social	25 1 pm Ohio Nature Education	26 10 am Creekside Arboretum Tour 10 am Red Hats Krema Nut	27 12 pm Prime Tour Presentation
30 Senior Center CLOSED (Memorial Day)	31			

June 2022



MON	TUE	WED	THU	FRI
		1 11:30 am Lunch Bunch Hudson 29 1:30 pm World Travel Presentation	2 11 am Senior Transition Expert Breakfast	3 12 pm Souper Friday
6 11 am Old Style Bingo NEW!	7	8 11 am Armchair Travel Italy	9	10 10 am Red Hat Flea Market
13 10 am Muffins & Medicare	14	15 11 am Bunch & Bingo	16 10 am Empowerment Series 10:30 am Make It & Take It	17 12 pm Souper Friday 1 pm Jewelry w/ Jean
20	21	22 11:30 am Lunch & Learn The Mind Diet	23 10 am Red Hats Der Dutchman	24 12 pm Prime Tour Presentation
27 10 am Senior Transition Expert Craft	28	29 12 pm Rock Painting	30	